

Easy ways to stay healthy

Cover Your Coughs and Sneezes

and Other Ways to Prevent
Diseases



A Respiratory Etiquette Campaign

Presented by Clark County
Health Department

Why Respiratory Etiquette?

- Nearly 22 million school days are lost annually due to the common cold.
...students miss an average of 4.5 days a year
adults working with those students miss an average of 5.3 days a year!
- 52.2 million cases of the common cold affect Americans under age 17 each year.
- This information is useful to prevent the spread of *any* respiratory illness.

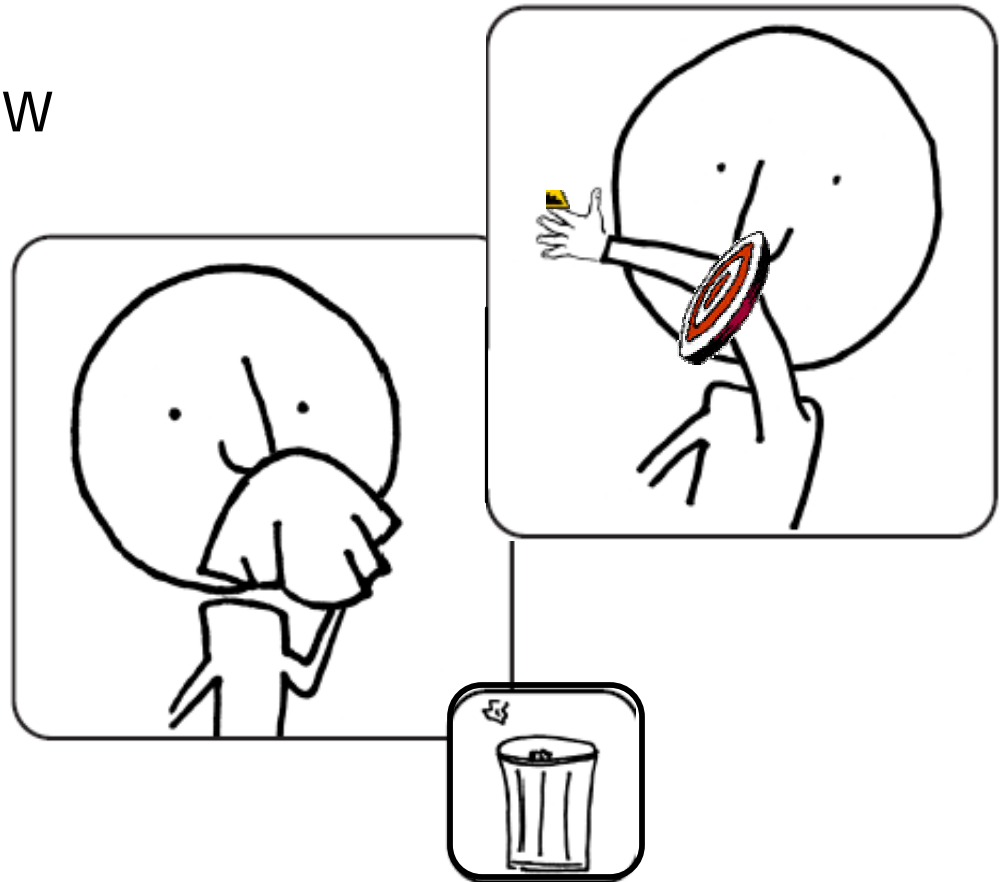
Respiratory Etiquette

Campaign Messages

1. Cover Your Cough
2. Wash Your Hands
3. Stay Home When Sick
4. Get a flu shot if you are in the high risk category.

1. Cover Your Coughs and Sneezes

- Use a tissue or inside of your elbow when sneezing or coughing.

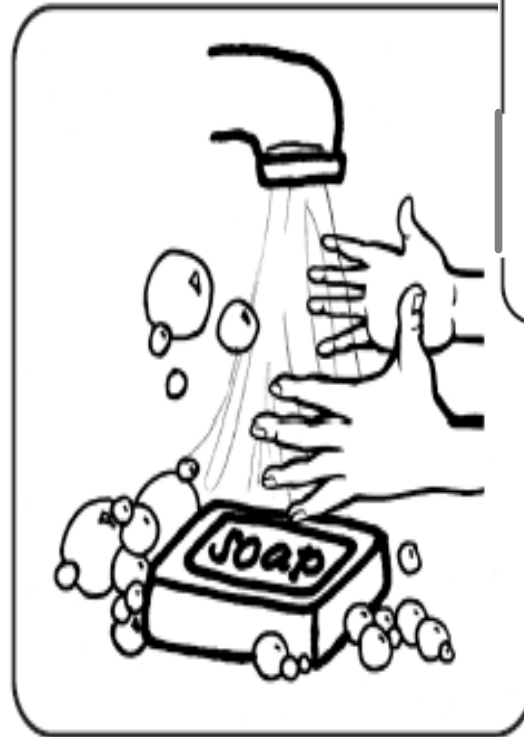


2. Wash Your Hands

- Use soap and warm, running water for 20 – 30 seconds

OR

- Use an alcohol-based hand sanitizer for 15 seconds.



3. Stay home when you are sick

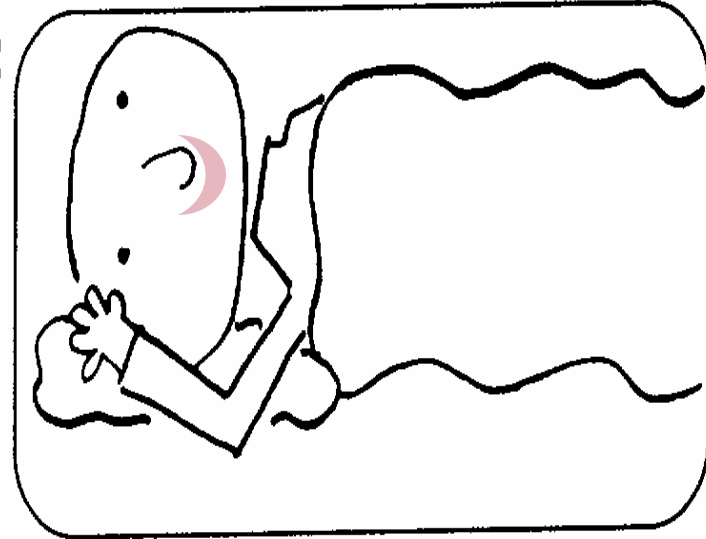
Don't go to school or work if ~~you are~~
you have...

- a fever of 101 degrees in the last 24 hours

OR

Any of the following with a fever...

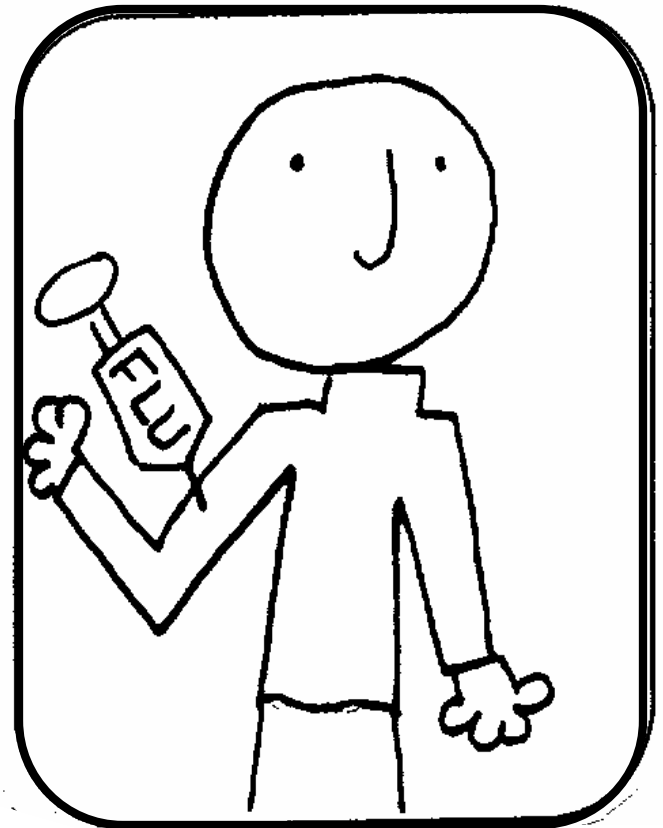
- very stuffy or runny nose,
- cough
- body aches
- sore throat
- chills
- stomach ache, vomiting or diarrhea.



4. Get a flu Shot if you are in the high risk* category

- All children ages 6 – 23 mos.
- Children 6mos. – 18 years of age on chronic aspirin therapy.
- Adults age 65 and older.
- Persons older than 6 mos. with underlying chronic medical conditions.
- All women who will be pregnant during this influenza season.
- Residents of nursing homes and long-term care facilities.
- Health-care workers with direct patient care.
- Out-of-home caregivers and household contacts of children less than 6 mos. old.

***from complications from the flu**



Let's Start with the sneezes and coughs...

- A lot of what we are talking about is behavior change.

Start by giving information, educate about choices, then role-modeling.

“What’s Behind **a Sneeze?**”
you ask?



Let me tell ya!

Sneezes and Coughs are powerful germ explosions

- The average sneeze blows at 100 MPH!

It is a reflex response that involves the muscles of the face throat, chest...and eyes!

- Germs can be spread over 100 square feet!



Preventing exposure from coughs and sneezes in your setting...

Simple and discrete conversations between you and the people who are doing the coughing and sneezing are easy to initiate.

Covering Coughs and Sneezes in any setting

Scenario #1

- Person in room is coughing or sneezing.

Discretely say...

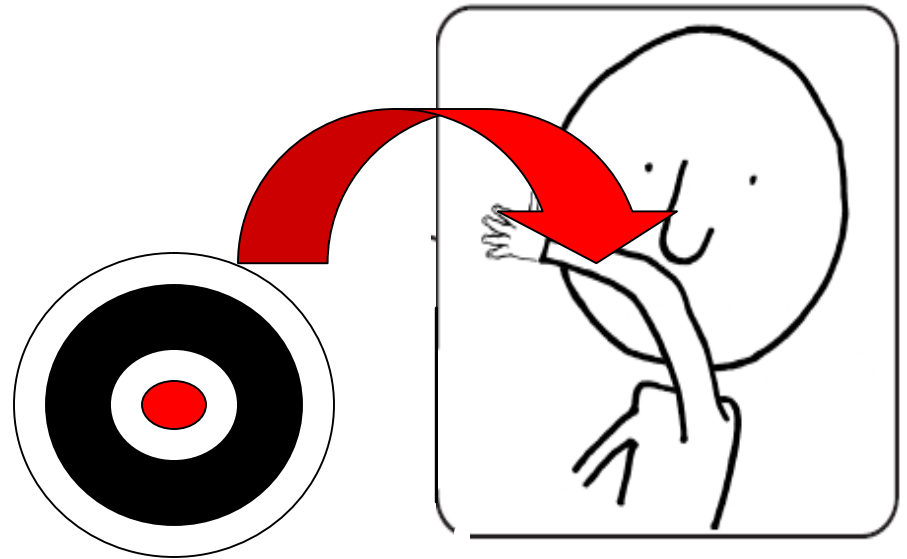
“We’re trying to keep germs from spreading. Please use a tissue to cover your mouth when you’re coughing/sneezing?”

- Then offer a tissue.

Or try...

“Here is a way to cough/sneeze without spreading germs”

- Then...show the person how to use the inside of their elbow.



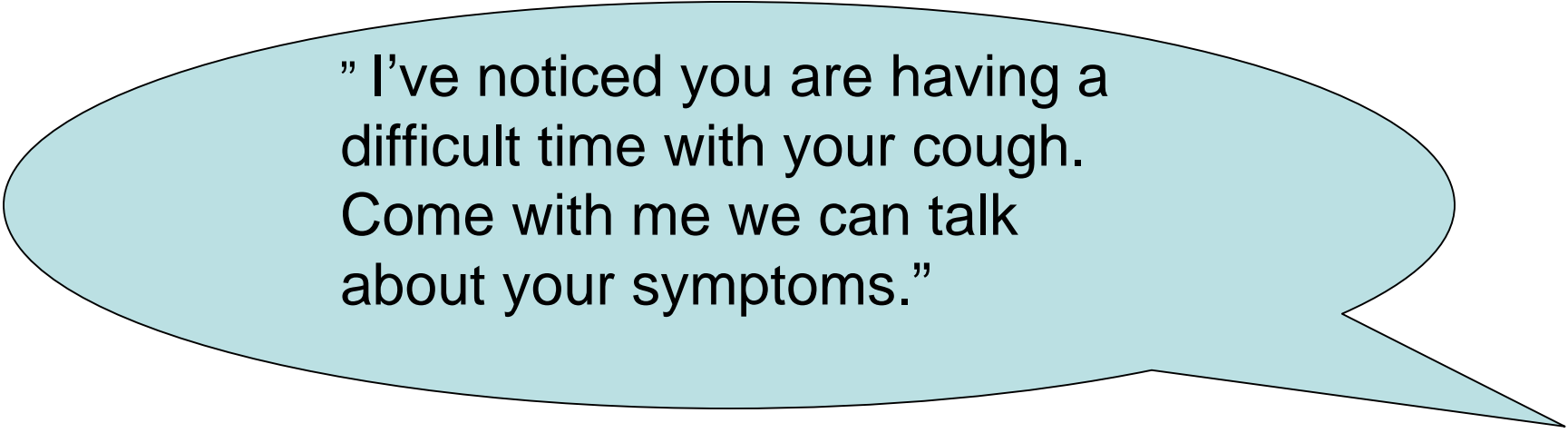
Covering Coughs and Sneezes in any setting

Scenario #2

- If person can't or doesn't cover cough consistently and correctly (such as small children), they have a productive or severe cough, and tissue is not effective, then you can ...

Discretely say...

- Offer mask to people who are coughing/sneezing repeatedly.



" I've noticed you are having a difficult time with your cough. Come with me we can talk about your symptoms."

- Take person to private area and insure correct mask use.

Hand washing

Myth ??? OR Information ???

- Singing the ABC's will get you through a good hand washing session.

Information!!!



The **facts** about handwashing timing...

- Absolutely, yes, try it out!
- The best length of time to wash hands is 20 – 30 seconds. (That's about as long as it takes to sing the ABC's.)



Handwashing

Myth??? Or Information???

- An alcohol based hand sanitizer is just as effective in killing germs, as proper hand washing.

Information!!!



The facts behind hand-sanitizers

- Absolutely yes, check it out!
- Alcohol based hand sanitizers can prevent the transfer of pathogens in a public setting.



And more facts about Hand Sanitizer ...

- Sometimes called, hand cleaners or antibacterial cleaner or hand sanitizer.
- Small handful, enough to disappear in 15 seconds.
- Use a product with at least 62% alcohol.
- Use in any area that people congregate... waiting rooms, classrooms, offices, exam rooms, clinics, day cares...

Hand washing

Myth??? Or Information???

- It is important to use very hot water when washing hands, so all the germs will die.

Myth!!!

Efficacy of Hand Hygiene Preparations in Killing Bacteria



The facts behind the temperature of hand washing water

- Hand washing water should be warm to the touch, so you can “stand” to wash your hands for 20 – 30 seconds. Hot water will tempt you to turn off the water early, because it hurts!
- Warm water will kill germs.



They all add up to clean hands...

Wash for 20 – 30 seconds

Rub hands back and forth with soap

Use warm running water

Use a paper towel to turn off the
faucet and open the door

Or

✚ Use an alcohol based hand sanitizer

▮ *Less germs spread*

Education to youth

- Teach about how germs are spread.
- Demonstrate how to cover coughs and sneezes.
- Start good common sense health habits early.



NAME: Boris Badfeeling
HOBBIES: Making change and playing in vending machines.
WACKY GERM FACT: Did you know ... that germs are the h — stinks?



NAME: Betty Bacteria
HOBBY: Hanging out on students' pencils, especially pencils students chew on.
WACKY GERM FACT: Did you know ... that your nose is like a tiny rocket launcher? When you sneeze, your nose can propel tiny particles out at speeds of up to 100 miles per hour!

Source: Kidshealth.org, May 2001.

Kleenex
SINCE 1911

Remember to include...

- Parents
- Food Service Staff in schools
- Custodial/Maintenance staff

The more team members there are
working to overcome barriers...

The more **infectious** a campaign will be!

What we are striving for...

- Education
- Motivation
- System Change

Thank You! Any questions?

